

**Foundations of Nutritional and Environmental Medicine (NEM)**

Thursday 24 - Sunday 27 October 2019, Sydney, Australia

THURSDAY 24 OCTOBER

	Welcome	<i>Dr Michelle Woolhouse &amp; Dr Caitlin O'Mahony</i>
8.30 am	Macronutrients Anti-inflammatory Diet	<i>Dr Michelle Woolhouse Dr Michelle Woolhouse</i>
<b>10.30 am</b>	<b>Morning tea</b>	
11.00 am	Introduction to the gastrointestinal system and the microbiome	<i>Dr Jason Hawrelak</i>
<b>12.30 pm</b>	<b>Lunch</b>	
1.30 pm	ACNEM Board	
1.40 pm	Comparing Dietary Approaches	<i>Dr Kerry Harris</i>
<b>3.00 pm</b>	<b>Afternoon tea</b>	
3.30 pm	Cardiometabolic Conditions	<i>Dr James Read</i>
<b>4.30 pm</b>	<b>Close</b>	

FRIDAY 25 OCTOBER

8.30 am	Micronutrients	<i>Rachel Arthur</i>
<b>10.30 am</b>	<b>Morning tea</b>	
11.00 am	Functional clinical assessment	<i>Dr Nicole Nelson</i>
<b>12.30 pm</b>	<b>Lunch</b>	
1.30 pm	Mental Health: biochemical pathways, methylation & pyrroles	<i>Dr Nicole Nelson</i>
<b>3.00 pm</b>	<b>Afternoon tea</b>	
3.30 pm	NEM Practice; what you need to know – Medicare, PBS and prescribing Practice models	<i>Dr Kerry Harris</i>
<b>4.30 pm</b>	<b>Close</b>	

SATURDAY 26 OCTOBER

8.30 am	An introduction to Women's Health	<i>Dr Janet Kim</i>
<b>10.30 am</b>	<b>Morning tea</b>	
11.00 am	An introduction to Children's Health [Immune; allergies & eczema and Gastrointestinal; constipation]	<i>Dr Leila Masson</i>
<b>12.30 pm</b>	<b>Lunch</b>	
1.30 pm	ACNEM Board	
1.40 pm	An introduction to Environmental Medicine	<i>Dr Janet Kim</i>
<b>3.00 pm</b>	<b>Afternoon tea</b>	
3.30 pm	Lifestyle Medicine – stress, sleep, exercise	<i>Dr Amy Gajjar</i>
<b>4.30 pm</b>	<b>Close</b>	

**Networking Drinks & Canapes**

SUNDAY 27 OCTOBER

8.30 am	An introduction to Immune Dysfunction; underactive (recurrent infection), overactive (allergy/inflammation)	<i>Dr James Read</i>
<b>10.30 am</b>	<b>Morning tea</b>	
11.00 am	Cognitive Decline	<i>Dr Christabelle Yeoh</i>
<b>12.30 pm</b>	<b>Lunch</b>	
1.30 pm	An introduction to epigenetics	<i>Dr Denise Furness</i>
<b>3.00 pm</b>	<b>Afternoon tea</b>	
3.30 pm	Drug-Nutrient Interactions	<i>Dr Nicole Nelson</i>
<b>4.30 pm</b>	<b>Close</b>	